



# Vegetarian Indian Cooking: The How-To Guide

*Nitaisundara dasa*

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## **Vegetarian Indian Cooking: The How-To Guide** Nitaisundara dasa

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With “Vegetarian Indian Cooking: The How-To Guide” you’ll learn how to make memorable, easy vegetarian meals at home. It's time to infuse your diet with some serious flavor! Adopting a vegetarian lifestyle is a healthy and rewarding choice. And even if you’re not strictly vegetarian, you can certainly enjoy the many benefits of eating meatless meals on a regular basis. Some vegetarian diets can be repetitive and bland, with endless amounts of grilled tofu and not enough variety. With “Vegetarian Indian Cooking: The How-To Guide” you’ll get eight chapters of recipes and eight videos with cooking tips so you can see how these amazing foods are made. Learn how to use Indian spices and Ghee, how to prepare rice, dal soups, curries, naan bread, parathas, desserts, and snacks. This Vook will show you how!

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